



Boston Seniority

Elderly Commission

Thomas M. Menino,
Mayor of Boston



Summer

FREE

2011
Volume 35
Issue 7

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Check out our NEW and improved website
www.cityofboston.gov/elderly

Commission on Affairs of the Elderly
Main number (617) 635-4366

Email articles and comments to
Bostonseniority@cityofboston.gov

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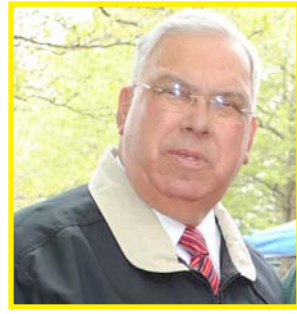
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Mayor's Spotlight

Mayor Menino Launched *Mark It* Program to Repair Over 600 Damaged Crosswalks Across the City



After a harsh winter that damaged many of the city's crosswalks and other pavement markings making it difficult for motorists and pedestrians to use, Mayor Thomas M. Menino launched the *Mark It* campaign. Thru the Spring the Boston Transportation Department traveled to neighborhoods across the city to reinstall crosswalks, double yellow lines, lane lines, school zone symbols and traffic turn arrows as well as other markings in areas that have been damaged over the winter months. This effort joins the Mayor's recently launched \$20 million *Road Renewal* program that will repave or reconstruct over 36 miles of roads damaged from the winter weather.

"After such a harsh winter, I'm dedicated to ensuring all Bostonians have a safe commute through our city," Mayor Menino said. "The *Mark It* and *Road Renewal* programs will make sure that our roads and sidewalks are back to 100% so we can all enjoy the exciting warm weather that summer has to offer."

The *Mark It* program will place a heavy emphasis on crosswalk reinstallation in areas close to parks, senior centers, schools and community centers and will

address over 600 crosswalks throughout Boston. In total, the *Mark It* program will cover about 25 percent of all intersections in the city using new highly reflective thermoplastic materials for the new markings. Due to the high volume of foot traffic on Red Sox game days, Kenmore Square and the Fenway were the first neighborhoods to receive treatment through the *Mark It* program.

"Boston Transportation crews are currently reviewing areas across the city to improve pedestrian safety by prioritizing crosswalk markings in these key locations," Commissioner Tinlin said. "The *Mark It* Program will enable the department to replace markings at almost a quarter of the city's crosswalk locations."

This spring Boston also saw the start of an innovative pilot program that repairs large cracks in roads five to 10 years old in such a way to extend their lifetime by over seven years. The preventative maintenance program will be used in all neighborhoods and could potentially save the city millions of dollars in road repair in the very near future.



FREE

National Night Out / Tuesday 5:00 p.m. - 8:00 p.m.

August 2 - Franklin Park Zoo, Roxbury

Tito Puente Latin Music Series - East Boston Greenway - Caboose, East Boston /

August 4, Thursday 7:00 p.m. - 9:00 p.m. - La Cumbiamba

BPL Concerts in the Courtyard - Central Library in Copley Square / Fridays 12:30 p.m.

August 5 - Silvina Moreno

August 12 - Akiko Kobayashi

August 19 - American Century Music

August 26 - The Lemonshiners featuring Sam Cornish

Highland Street Foundation Third Annual Free Fun Fridays

August 5, 10:00 a.m. - 9:00 p.m. - Institute of Contemporary Art, 101 Northern Ave, Boston

August 12, 9:00 a.m. - 5:00 p.m. - JFK Library & Museum, Columbia Point, Boston

August 19, 9:00 a.m. - 6:00 p.m. - USS Constitution Museum, 22 Charlestown Navy Yard, Charlestown

For more things to do on Free Fun Fridays go to: www.cityofboston.gov/visitors/free.asp

Mayor Menino's Wednesday Night Concert on City Hall Plaza / 7:00 p.m. - 9:00 p.m.

August 10 - Country Night sponsored by WKLB 102.5

Titus Sparrow Park Summer Concert Series / Wednesdays 6:30 p.m.

August 10 - Revolutionary Snake Ensemble, Improvisational New Orleans brass band

August 17 - Grupo Fantasia, Latin

August 24 - Sinti Rhythm (6:15 p.m.), Gypsy swing

August 31 - Ben Rudnick and Friends (6:00 p.m.), Family entertainment.

Boston Greenfest 2011 on City Hall Plaza /

August 19, Thursday 5:00 p.m. - 9:30 p.m.

August 19, Friday 12:00 p.m. - 9:30 p.m.

August 20, Saturday 11:00 a.m. - 8:00 p.m.

For more information or to view more events please visit the Boston City Calendar at www.cityofboston.gov/calendar

Please Note: * Events are subject to change



HAVE FUN TH



EVENTS

The Boston Harbor Hotel

Summer Soul

Tuesday Nights 6:00 p.m. - 10:00 p.m.

August 2 - World Premier Band

August 9 - Soul Sound Revue

August 16 - Ray Greene & Innervations

August 23 - Soul Sound Revue

August 30 - World Premier Band

The Boston Harbor Hotel

Timeless Tunes

Wednesday Nights 6:00 p.m. - 10:00 p.m.

August 3 - Mystique

August 10 - Rare Form

August 17 - Decades By Dezyne

August 24 - Manhattan Touch

August 31 - Joey Scott & The Connection

The Boston Harbor Hotel

Blues Barge

Thursday Nights 6:00 p.m. - 10:00 p.m.

August 4 - James Montgomery Band

August 11 - Bruce Marshall Group

August 18 - Racky Thomas Band

August 25 - Lisa Marie & All Shook Up

September 1 - Jeff Pitchell

The Boston Harbor Hotel

Movies by Moonlight

Friday Nights 6:00 p.m.

August 5 - DeLovely

August 12 - Same Time Next Year

August 19 - An Affair to Remember

August 26 - Annie

September 2 - Raiders of the Lost Ark



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RSVP Boston



What is RSVP?

RSVP stands for Retired Senior Volunteer Program. It is a group of people 55 years and older who volunteer in their community to make a difference. RSVP volunteers are lending a hand all over the country; with more than 2 million members, it is one of the largest national volunteer programs.

What do RSVP volunteers do?

Volunteers work at over 60 stations throughout Boston doing everything from tutoring children in reading, serving lunch to seniors, building ship models, helping out at homeless shelters, giving information and tours of museums, serving in hospitals and helping people get to know Boston.

For more information on the RSVP program or to sign up, please call Anique Langlois, RSVP Administrative Assistant at 617-635-3988



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Are you in general good health, 18 years or older, and

Suffer from osteoarthritis?

We seek males and females **who suffer from moderate to severe osteoarthritis in one or both knees or ankles** to participate as controls (comparison group) for a diabetes research study.

You must have never had diabetes.

This study involves one to two visits to Massachusetts General Hospital during which you will have a glucose tolerance blood test to screen for diabetes. Recent normal results of this test can be used instead. You will also have two small punch skin biopsies removed from your lower leg under local anesthesia.

Payment for participation is offered.

For more information, please contact Heather Downs of the MGH Neurology Department at **617-726-0260** (HDowns@partners.org).

IRB Protocol Number: 1999-P-009042

Need a Ride?

Senior Shuttle 617-635-3000

Scheduling Available

Monday - Friday

8:00 a.m. - 4:00 p.m.

Please give at least 3 days advanced notice. Priority is given to seniors scheduling rides for medical appointments. (Some restrictions may apply)

The Elderly Commission Seniors are you eligible?

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance no longer counts -

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- * or other assets

For more information or to complete an application contact:

Shannon Murphy
617-635-3745

Lorna Pleas
617-635-4335

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Join Us for Heart Happenings

A year-long program of free heart health events



The Cardiovascular Wellness Service at Brigham and Women's Hospital offers Heart Happenings, a year-long series of educational cardiovascular health programs.

Upcoming 2011 Events:

- | | |
|---------------------|---|
| June 15 | Valvular Heart Disease: What you need to know |
| July 20 | Living Better with Heart Failure:
Diet, exercise, and sex |
| August 17 | Taking Care after a Heart Attack |
| September 21 | Screening for Carotid Artery Disease:
Am I at risk for a stroke? |
| October 19 | Minimally Invasive Heart Surgery:
When less is more |
| November 16 | Diabetes and Heart Disease: Am I at risk? |
| December 21 | How to Avoid a Heart Attack or Stroke |

When and Where?

All programs will be held from 5:30 p.m. to 7 p.m. in the Shapiro Cardiovascular Center (located across from Brigham and Women's Hospital) and light food and refreshments will be served.

To register or learn more about this series and our free cardiovascular disease screenings, call **1-800-BWH-9999** or visit www.brighamandwomens.org/hearthappenings



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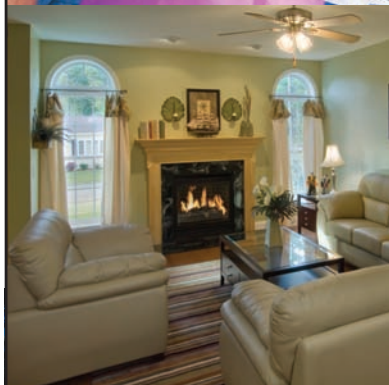
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Hair Pieces: Senior Writers Reflect on the Ups and Downs of Their Hairstyles

These two essays were written by members of the Hyde Park writing group, from an assignment called, “The History of Your Hair.” The monthly workshop is taught by Grub Street instructors Kerrie Kemperman and Judah Leblang for seniors from Hyde Park, Jamaica Plain, and Mission Hill, who participated in The Memoir Project. Read stories from all of the project participants in *Sometimes They Sang With Us*, the third book in the series, available from The Elderly Commission. The Memoir Project is currently teaching a workshop in the Allston-Brighton neighborhood, and will offer another workshop in the fall, neighborhood to be determined. Contact the Elderly Commission to find out when The Memoir Project is coming to your neighborhood.

- KK

I Look Happiest When My Hair is Curly

By: Alta Kilton McDonald

The other day when I was reviewing my childhood pictures, I realized that I looked happiest when my hair was curly.

And, that didn’t happen for the first ten years of my life. I was an only child who was compared to my first cousins on a regular basis. My grandmother Edie Kilton declared many times, “Real Kiltons don’t have straight hair and freckles.” As proof, I observed my cousin Priscilla’s fair skin and wavy chestnut brown hair. I envied Cousin Marjorie even more for she had golden ringlets, and a peaches and cream complexion.

Early on, my mother and I struggled over my hair. She would take me to my father’s barber and command: “Have the tip of the ear showing; shingle up the back; save enough for a little pigtail.” I objected most to the buzz of the razor on the back of my neck which sometimes caused nicks to my skin. One day I rebelled and went tearing down Main Street smack into Aunt Lucy, a favorite relative, who mediated. I did look forward to the final touch: a dusting of talcum powder with a large soft brush at the back of my neck.

On special occasions Mother would braid up my pigtail, tie a wide satin ribbon around it, and make a futile attempt to use a curling iron on a few strands around my face. The curling iron had to be heated by

placing it down the chimney of an antique kerosene lamp. Sometimes the odor of kerosene and the smell of burning hair were more than I could bear. Another method was to produce curls by tying wet hair up with rags. The rags, made out of torn-up sheets, were between one and two inches wide. You could wear them while sleeping if you didn't tie them too tight.

When I was about nine years old, Mother took me for a machine permanent wave. At last I would have curly hair! The machine had dangling octopus-type clips which were heated and attached to rollers secured to my head with felt pads. What torture! The stench of perm lotion and burning hair was a hundred times worse than the curling iron/kerosene process. The perm produced frizz that had to be managed by using wave set and either a combination of metal curlers and wave clips or pin curls secured with a bobby pin. Even that was messy. The viscous aqua-colored wave set came in a thick glass bottle with an opening wide enough to insert a comb. The comb was dunked into the bottle and dragged through damp hair. When the hair dried it was stiff but not frizzy.

Things got better with the advent of

the cold wave and the Tony home perm. A brilliant ad campaign featured identical twins. One had a salon perm; one had a home perm. The caption read: "Which twin has the Tony?" The resourceful women in my town started having Tony parties where we would sit at the kitchen table and give one another perms. Results varied, but it was so much better than the machine perm. By the time I started high school I had regular cold waves done at a beauty parlor.

I met my first real hair stylist in the summer of 1954 when I worked on Martha's Vineyard before my junior year at college. To increase her referral base she gave discounts to waitresses at the major hotels. She convinced me that I had the perfect face for a pixie cut, which was short, straight, and a little feathery. I was so pleased with my hair that I decided to have a whole new look. I lost fifteen pounds and bought stylish sportswear at an end-of-the season sale from an Edgartown boutique.

As a young adult I wandered along the continuum of permanents and stylish hair cuts. By the time I was forty-five, divorced and dating, I discovered that men admired me as "that strawberry blonde." It had never occurred to me to think of hair color as asset.

My hairstylist friend, Eileen, sold me on hair color as a way to enhance my natural red tones. She also showed me how to use make-up to conceal my freckles. It took forty years, but grandmother Edie could now own me!

Turning sixty years old brought new problems: thinning hair due to cancer treatment and chemical sensitivity. My last perm had to be aborted when I developed a sudden severe rash. It lasted several days. I can no longer color my hair. One friend scolded, “You really **MUST** do something about your hair...it used to be so pretty.” My dermatologist gave me a pamphlet entitled “Rogaine for Women.” I decided to accept my hair as it is. I have returned to the style of the summer of 1954; my hair is short, pixie-like and...the tip of my ear shows.

Bio: Alta Kilton McDonald, a native of Machiasport, Maine, is a retired social worker who has lived in Jamaica Plain for the past fourteen years.

The History of My Hair

By: Maryalice Bellew

When I was younger my hair was always very thin and fine. I wore it

mostly in pigtails. I was given all kinds of permanents—home ones, fuzzy ones, curly ones, body ones, and machine ones. My aunt was a hairdresser and she scorched my neck with a machine permanent. She said it happened because I moved, but I moved only after she hit my neck with the hot iron. The solution smelled like ammonia. I think through it all it made my hair thinner.

Every night I set my hair in pin curls. I would twirl the piece of hair with my finger and fasten it with a bobby pin. They were called spit and twirl curls. As I got older, around my forties, it really got thin. Permanents no longer helped. For a while I wore a human hair wiglet, also known as a hair piece. It blended in with my own hair. It had to be cleaned by the hair salon and I would have to go without it for a couple days.

At the age I am now, I don't have much hair at all. My forehead is so high it runs across the middle of my scalp. I have some hair in the back of my head, and I often think of letting it grow long and sweeping it to the front. I order my hair from a catalog. I've had people ask me where I have my hair done and I tell them some place I don't think they will go or that

I get it from Paula Young catalog.

I order the same style and color all the time. It can get quite hot in the humid weather. I now wear a wig liner underneath and that helps. A few times it got caught on a tree branch or thorny bush. I was thankful nobody was around. I grabbed it quickly and put it back on before anyone noticed what had happened. The wind hasn't blown it off yet, but it sure can make it look messy. It stands up all over my head like a free spike job. Sometimes one wig will have shorter hair on it and someone will always ask me if I had my hair cut. I tell them I washed it and it shrunk. I'm thankful I am able to buy and wear them.

One time during an appointment with my chiropractor, the doctor was working on my neck when he pulled out my hearing aid by mistake and then he accidentally pulled off my wig. I sat there with my hearing aid in one hand and my wig in the other and just laughed. He got up from the chair so fast he was still in a sitting position when he ran out of the room. He was more embarrassed than I was. The next time I went to him, I told him everybody just laughed when I told them what happened.

My daughter had very thin hair as a toddler. The hairdresser told me to give her a wiffle and when it grows back to do it again. It took all my courage to do it once. I went home and drank a glass of beer and had it all cut off. Everybody thought she was a boy. I didn't do it again because I ran out of beer. She now has a nice head of hair. Her hair will never make history like mine.

Bio: Maryalice Bellew was born in 1933 in Boston's Hyde Park neighborhood and still lives in the family home with her two children. She is a retired secretary for the church, and a former volunteer for the Boston Public Schools and the Hyde Park Food Pantry. She also paints and is an active member of the Hyde Park Art Association.

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Tula Mahl, Producer
at 617-635-1922



Sprains, strains - is there a difference?

Sprain

A sprain is a stretched or torn ligament. Ligaments are tissues that connect bones at a joint. A fall, twist or if you are hit by a car, can all cause a sprain. When you suddenly “fall on your face” you may have an ankle or wrist strain trying to save your teeth.

Your symptoms may include: pain, swelling, bruising at the site and you may be unable to move your ankle or wrist without causing a great pain. You may even feel a “pop” or tear at the injured site.

Strain

A strain is a stretched or torn muscle or tendon. Tendons are tissues that connect muscle to bone. Twisting or pulling these tissues can cause a strain. Strains can happen suddenly or they can develop over a long period of time. Back and hamstring muscle strains are common. People often develop strains while playing sports like tennis or golf. Even good athletic people can develop strains.

Your symptoms may be different than sprain injuries. Symptoms include: pain at the site, muscle spasms, swelling and trouble moving the muscle.

The initial treatment for both strains and sprains is the same. You should rest the injured area, ice at the site for 24 hours (20 minutes on-off two hours), ace bandage or other devices that compresses the area, and pain (and anti-inflammatory) medicine as needed.

What if it is broken?

What if your fingers get numb or purple, or the site looks broken?

Call your doctor immediately. You may be told to go to the emergency room to get x-rays and be diagnosed by a specialist. You may have broken bones and a cast is needed.

After the swelling and pain go away and when your possible cast is removed, you may be advised to have physical therapy for a few weeks in order to get your muscle tone back. It is a slow process to get full use of your body again.

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Boston EMS

Thomas M. Menino
Mayor of Boston



Hot Weather Safety Tips

Do

- **DO** drink lots of water and sport drinks.
- **DO** wear loose fitting, light weight, light colored clothing.
- **DO** check on elderly persons.
- **DO** use SPF 15 (or higher) sunblock and wear a hat.
- **DO** rest often in shady areas.
- **DO** go to an air conditioned place such as a shopping mall during severe heat.
- **DO** listen to the news and public announcements for heat advisories.

Don't

- **DON'T** underestimate the seriousness of heat-related emergencies!
- **DON'T** leave children or pets unattended in a vehicle.
- **DON'T** drink alcoholic or caffeinated beverages.
- **DON'T** stay in the hot weather if you feel sick.
- **DON'T** overexert yourself or work outside without taking breaks.
- **DON'T** hesitate to call EMS and seek medical attention!

Heat-related Emergencies

Heat Stroke

- Victim is often confused, disoriented
- Skin is often **HOT, RED, DRY**
- Body temperature is **VERY HIGH**

What to do:

- Heat stroke is an immediate medical emergency. **Call 9-1-1.**
- Move the victim to a cool location out of the heat.
- Place in front of a fan or in an air-conditioned room.
- Place ice packs under armpits and groin.
- **DO NOT** give the victim **ANYTHING** to eat or drink!


Heat Exhaustion

- Skin is **COOL, PALE, MOIST**
- Body temperature near normal
- Heavy sweating
- Possible headache, nausea, dizziness, vomiting

What to do:

- **Call 9-1-1** immediately.
- Move the victim to a cool location out of the heat.
- Lay victim on his or her back and elevate legs.
- Remove/loosen clothing.
- Cool victim by fanning or applying cold packs, wet sheets, or towels.

EMERGENCY – EMS, Fire, Police
Dial 9-1-1




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You've gained a lifetime of experience - Now is the time to put your skills and talents to good use by volunteering through Boston RSVP.

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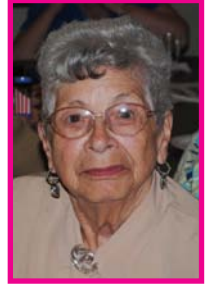
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The Elderly Commission

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Basketball Free Throw - Men – U-Mass Track & Field, May 14, 2011

Age	Gold	Silver	Bronze
60-64	Xuegin Shao	Huina Ouyan /Jiang Lu (Tie)	
65-69	Wanmin Gin	Xin Zhang Chin	Jin Cong Zhou
70-74	Bao Chun Wang	Guo Lianmg Zhou/Yong Chang Wang/Guo Zhi Luan (Tie)	
75-79	Xuanzhi Li	Sheng Wu Shen	Ziyan Wang
80-84	Harold Jacobs/Baoyi Xing Zhuan Lin (Tie)		
85-89	Ren Zufan		



Basketball Free Throw - Women – U-Mass Track & Field, May 14, 2011

Age	Gold	Silver	Bronze
65-69	Pingying Li	Meitang Chin Li/Chenghui Su (Tie)	Fan Hong Liang
70-74	Youzhen Chen	Yingra Xie	Yu Ying Li
75-79	Hui Ying Liu	Huafang Yu	Zhong Yang Gui
85-89	Ziying Qiu		

Billiards - Men – Boston Bowl, Dorchester, May 13, 2011

Age	Gold	Silver	Bronze
60-69	Miguel Torres	Willie Browne	Robert Stern
70-80	Richard Carey	Vern MacEachern	George Simmons

Billiards - Women – Boston Bowl, Dorchester, May 13, 2011

Age	Gold
70-80	Hui Yue

Bocce - Men and Women – Langone Park, North End, May 12, 2011

Inter Age Team	Bagarellas	Tied for Gold Chelsea 3	Silver Watertown	Bronze North End 1
Member # 1	Ralph Bagarella	Jeanette Bongiovanni	John Cardarelli	Pasquale Barone
Member # 2	Bob Hindman	Nino Bongiovanni	Larry Leone	Guy Federico
Member # 3	Steve Touma	Mary Limberakis	Marcello Stisi	Michele Guarino
Member # 4	Jim Tsouprakakis	Bill Roberts	John Vesa	Tony Penta



Bowling - Men 8:00 A.M. – Boston Bowl, Dorchester, May 13, 2011

Age	Gold	Score	Silver	Score	Bronze	Score
60-64	David Haughey, Jr.	266				
65-69	Francis Adamczyk	264	Anthony Palladino	236	Paul Tenney	235
70-74	Donald Holmes	291	John Dennis	265	Salvatore Ferlito	260
75-79	Paul Dunphy	274	Jack Luisi	258	Earl Boyd	240
80-84	John Reilly	257	Edmund Sablock	252	Frank Murphy	250
85-89	Walter Mulloney	228				

Bowling - Women 8:00 A.M. – Boston Bowl, Dorchester, May 13, 2011

Age	Gold	Score	Silver	Score	Bronze	Score
60-64	Deloris Pina	222				
65-69	Barbara Wirtz	239	Margaret Dornhoffer	234	Diane Pallidino	227
70-74	Joan Cardoza	237	Helen Morganelli	224	Margaret Woodward	220
75-79	Faith Fiore	269	Virginia Luisi	250	Mary Alice Bellew	242
80-84	Mary Mulvey	232	Mary Esposito	223	Margaret Donohue	205
85-89	Helen Mulligan	241	Arline Atwood	230		
90-94	Vicki Mollo	203				

Bowling - Men 10:30 A.M. – Boston Bowl, Dorchester, May 13, 2011

Age	Gold	Score	Silver	Score
60-64	Ed Roche	218		
70-74	Lawrence Madden	265		
75-79	Gordon Bacquelod	182		
80-84	Robert Heine	253	Cisco Orsini	195
85-89	Tony Marino	277		
90-94	Salvi Cifri	246		



Bowling - Women 10:30 A.M. – Boston Bowl, Dorchester, May 13, 2011

Age	Gold	Score	Silver	Score	Bronze	Score
55-59	Marsha Durant	185				
60-64	Charlene Reese	273	Sadie Hodges	200		
65-69	Barbara Melvin	248	Agnes Burke	231	Bettye Monteiro	202
70-74	Anne Morad	261	Fran Jackman	231	Sheba Barboza	198
75-79	Claire Connors	232	Rita Orsini	230	Tina Masciochi	221
80-84	Mary Limberakis	235	Eldoner Lewis	234	Jeannette Nemerowski	226
85-89	Mabel Folino	235	Dorothy Powell	220	Rita Fitzsimmons	188
90-94	Pat Giordano	208	Margaret Guili	175		

Golf - Men – Members – Devine Golf Course, May 11, 2011

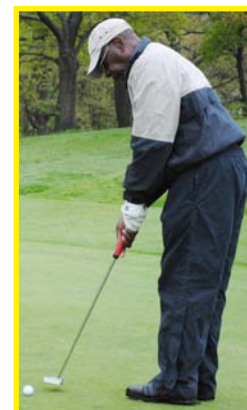
Age	Gold	Score	Silver	Score	Bronze	Score
55-59	Terrace Avery	84				
60-64	Patrick Gall/ Frederick Pass (Tie)	84	Michael Pass	95		
65-69	Ernie Green	87	Charles Walsh	92	Clark Frazier	103
70-74	Robert Bell/Jerry Hayes, Jr. (Tie)	78	James Orr	85	Lemuel Mills	86
75-79	George Jones	77	Lloyd Holford	78	Arthur McRae	91

Golf - Women – Members – Devine Golf Course, May 11, 2011

Age	Gold	Score	Silver	Score
60-64	Bonnie Rafuse	93	Marilyn Miller	98
70-74	Rhoda Christmas	110	Shirley Johnson	100

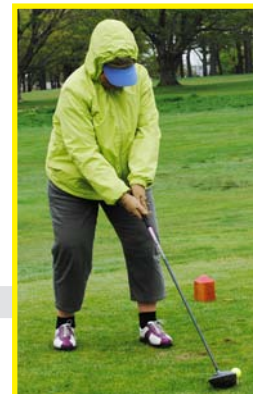
Golf - Men – Non Members – Devine Golf Course, May 11, 2011

Age	Gold	Score	Silver	Score	Bronze	Score
50-54	Tim Davidson	86	Thomas Fahey	90	Willie Bradley	102
55-59	Steve O'Donnell	75	M. John Burr	98	Michael Dean	104
60-64	Gary Hyduk	80	Earl Garrett	83	Mitchell Weinstein	88
65-69	Bill Craig	84	Cleo Paris	88	William Hajjar	94
70-74	Jack Adamcheck	88	Ross Niciewsky	93	James Martin	95
75-79	Thomas Murphy	87	Richard Ghelfi	98	Frank Storer	105
80-84	Anthony Cibotti	91	John Burr	97	Frank Murphy	101
90-94	Roy Vickery	101	Paul Hasgil	126		



Golf - Women – Non Members – Devine Golf Course, May 11, 2011

Age	Gold	Score
55-59	Deborah Price	137
65-69	Carolyn Hasgill	107
75-79	Barbara Connors	135



Horseshoes - Men U-Mass Track & Field, May 14, 2011

Age	Gold	Silver	Bronze
60-64	Deyin Li		
65-69	Jing Cong Zhou	Pei Gang Xue	Song De Li/Boming Lu/ Jian Xi Tang (Tie)
70-74	Baslin Zhang	Junyu Cheng/Yong Chang Wang/ Brian Frawley/Xinli Yao/ Jian WenZhang/Yung Xin Zhao (Six Way Tie)	
75-79	Zhang Zan Zhang	Men Du Zhen	Yong Cheng Wang/Ziyan Wang (Tie)
80-84	Richard Xu	Baoyi Xing/Chang Yun Wu (Tie)	

Horseshoes - Women U-Mass Track & Field, May 14, 2011

Age	Gold	Silver
60-64	Sue Lui/Charlene Reese/ Ying Yan Tan/Cui Yu Tan/ Bi Zhenette (Five Way Tie)	
65-69	Song Yu Dai/Zong Qing Huang/ Guolan Chen/Cuitian-Liu/Yan Ping Zhung/Lan Xin Feng (Six Way Tie)	
70-74	Lan Chen	Yingna Xie
75-79	Li Jun Zhang	Xiu Ying Gong/Hui Ying Liu/ Huiging Shi/Yan Gui Zhong/ Feng Lian Li (Five Way Tie)



Softball Throw - Men - U-Mass Track & Field, May 14, 2011

Age	Gold	Distance	Silver	Distance	Bronze	Distance
60-64	Huinan Ouyang	94'1"	Xuejia Shao	76.1'	Deyin Li	66'
65-69	Wangmin Jin	122'	Huognan Liu	67'	Xinzhang Chen	66'
70-74	Gnozi Luan	89'9"	Yong Chang Wong	85'4"	Xiaochang Zhang	74'4"
75-79	Zhihua Li	102'	Ziyun Wang	85'	Zhicheng Wu	75'11"
80-84	Changyun Wu	51'	Baoyi Xing	50'8"	Harold Jacobs	50'

Softball Throw - Women U-Mass Track & Field, May 14, 2011

Age	Gold	Distance	Silver	Distance	Bronze	Distance
50-54	Siu Feng Chen	46'				
55-59	Mei Y Yeung	51'3"				
60-64	Charlene Reese	91'	Hui Min Zhu	50'.3"	Zong Li Zhang	43'
65-69	Hui Fang Deng	57'2"	Jing Yong Fu	56'5"	Cui Tian Liu	51'1"
70-74	Anfang Zhao	48'	Songmei Xu	41'6"	Xue Ru Wong	40'
75-79	Moching Ko	44'	YiXin Fang	36'	Yang Gui Zhong	34'8"
80-84	YaSan Peny	32'3"	Qin Li	24'3"	Lidong Wen	21'1"

Swimming Breast Stroke 100 M - Men U-Mass Track & Field, May 14, 2011

Age	Gold	Time	Silver	Time	Bronze	Time
60-64	Ming Jie Song	1:34	Paul Lee	2:12		
70-74	Luo Zhuoshu	2:08	Baolin Zhang	2:41	Bao Chun Wang	2:43
75-79	Xi Qing Liu	1:55	Bing Yao Xue	2:27	Zhicheng Wu	2:29

Swimming Breast Stroke 100 M - Women U-Mass Track & Field, May 14, 2011

Age	Gold	Time	Silver	Time	Bronze	Time
65-69	Jin Rong Fu	2:18				
70-74	Xuijan Bai	2:17	Zhao Lan Tang	3:09	Guo Hua Jin	3:27
75-79	Joy Di	3:09				



Swimming Breast Stroke 50 M - Men U-Mass Track & Field, May 14, 2011

Age	Gold	Time	Silver	Time	Bronze	Time
60-64	Ming Jie Song	0:46	Paul Lee	0:57		
70-74	Luo Zhuoshu	0:54	Baolin Zhang	1:01	Jieliang Liu	1:06
75-79	Xi Qing Liu	0:57	Bing Yao Xue	0:59	Zhicheng Wu	1:08
80-84	James Di	1:45				

Swimming Breast Stroke 50 M - Women U-Mass Track & Field, May 14, 2011

Age	Gold	Time	Silver	Time	Bronze	Time
65-69	Jin Rong Fu	1:03				
70-74	Xuijan Bai	1:03	Zhao Lan Tang	1:25	Shuzhi Teng	1:34
75-79	Joy Di	1:27	Hui Yue	1:42		
85-89	Hsia Fei Chang	2:21				



Swimming Freestyle 100 M - Men U-Mass Track & Field, May 14, 2011

Age	Gold	Time	Silver	Time
60-64	Ming Jie Song	1:14		
70-74	Lian Shun Zhang	2:03	Chengyu Liang	3:12
75-79	Xi Qing Liu	1:44	Bing Yao Xue	2:27

Swimming Freestyle 100 M - Women U-Mass Track & Field, May 14, 2011

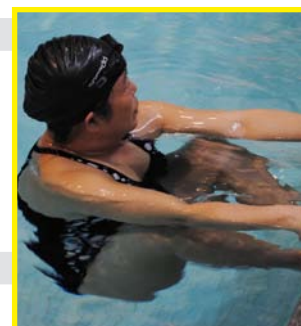
Age	Gold	Time	Silver	Time	Bronze	Time
60-64	Elynor Walcott	2:15				
70-74	Xuijan Bai	2:21	Shuzhi Teng	2:51	Zhao Lan Tang	3:17
75-79	Joy Di	2:49				
85-89	Hsia Fei Chang	3:52				

Swimming Freestyle 50 M - Men U-Mass Track & Field, May 14, 2011

Age	Gold	Time	Silver	Time	Bronze	Time
60-64	Ming Jie Song	0:36				
70-74	Lian Shun Zhang	0:46	Chengyu Liang	1:13		
75-79	Xi Qing Liu	0:47	Bing Yao Xue	0:57	Lain Jin Li	1:04

Swimming Freestyle 50 M - Women U-Mass Track & Field, May 14, 2011

Age	Gold	Time	Silver	Time	Bronze	Time
60-64	Elynor Walcott	1:13				
65-69	Yingping Jia	1:32				
70-74	Luo Zhuoshu	0:47	Xuijan Bai	1:01	Shuzhi Teng	1:07
75-79	Joy Di	1:18				
85-89	Hsia Fei Chang	1:26				



Tennis - Men & Women at Sportsmen's Tennis Club, May 21, 2011

Mixed Ages	Gold	Mixed Ages	Gold
Player 1	Armando Dockery	Player 5	Charlene Reese
Player 2	Ines Granville	Player 6	Daniel Simpson
Player 3	Helene Martel	Player 7	Edmund Tavernier
Player 4	Carmel Mulle	Player 8	Francis Thomas



Three on Three Half Court Basketball - Men U-Mass Track & Field, May 14, 2011

Age	Gold	Silver	Tied for Bronze	
50-60 (Two teams tied for Bronze)	Brian Meehan 2 Chris Beauchaud Ernest Isom Brian Meehan Bruce Scurry	Cape Codders Norm Bouchard Scott Jordan Arnie Lett Andy Regular	Lowell Legends Scott Cramer Bill Donald John Parsons Willie Scott Thomas Levi	Rhode Kill Tom Arcangeli Joe Britto Dennis Neville Mike Norklon Ralph Wade
	Gold	Silver	Bronze	
60-64	Black Bears Jay Clapp Daryll Clark Peter Haviland Tom Winters	Derns George Dern Tom Donahue Richard Lunn Chris Myland Ed Reid	AJH Docs Bryan Baker James Hopkinson Joe Hull Anthony Mazzaglia Paul Paulsen	
	Gold	Silver	Bronze	
65-69	ERA Millennials Raymond Carroll Gordon Gibson John Hunt Tom McElroy Robert Sansone	Dreadnaughts Nick Filzow Richard Lawless Hank Philbrick Jim Viola	Over the Hill Ed Conway John Howard Al Ledger Robert Malley Allen Sneider	
70+	Gold Johnson Olympians Michael Akstin Robert Brown Richard Jarzobski Richard Johnson Kenneth Tripp			

Track 1500 Meters - Men U-Mass Track & Field, May 14, 2011

Age	Gold	Time
50-54	Stephen Peckiconis	5:38.4
55-59	Bill Pullman	5:19.6
60-64	Stephen Viegas	6:22.6

Track 800 Meters - Men U-Mass Track & Field, May 14, 2011

Age	Gold
50-54	Stephen Peckiconis
55-59	Bill Pullman
60-64	Stephen Viegas
70-74	Defu Gao

Track 800 Meters - Women U-Mass Track & Field, May 14, 2011

Age	Gold	Silver	Bronze
65-69	Cuitian Liu	Huifang Deng	Bizhen He
70-74	Joan Porter		
75-79	Zhen Mengxian		



Track 400 Meters - Men U-Mass Track & Field, May 14, 2011

Age	Gold	Silver
55-59	Bill Pullman	Wannin Jin
60-64	Stephen Viegas	
75-79	Ziyun Wang	



Track 400 Meters - Women U-Mass Track & Field, May 14, 2011

Age	Gold	Silver	Bronze
60-64	Charlene Reese		
65-69	Bizhen He	Yurong Chen	Qizhen Shi
70-74	Shijuan Li	Karen Websic	Yuzhi Xiao
75-79	Uiying Gong	Wenhen Huan	Chanfu Zhao
80-84	Yusan Peng		



Track 100 Meters - Men U-Mass Track & Field, May 14, 2011

Age	Gold	Silver	Bronze
55-59	Wannin Jin		
60-64	Stephen Viegas	Deyin Li	
65-69	Fengyi Zhu	Zheng Hou Fang	
70-74	Xing Lin Miao	Kaichen Wang	Jianwen Zhang
75-79	Zhicheng Wu	Zhenkui Li	Ziyun Wong
80-84	Chang Wu		

Track 100 Meters - Women U-Mass Track & Field, May 14, 2011

Age	Gold	Silver	Bronze
60-64	Charlene Reese	Zhongliao Zhang	
65-69	Bizhen He	Huifang Deng	Qizhen Shi
70-74	Yulan Ying	Shijuan Li	Karen Wepsic
75-79	Yang Geui Zhong	Shu Hou Rong	Chanfu Zhao
80-84	Yusan Peng		

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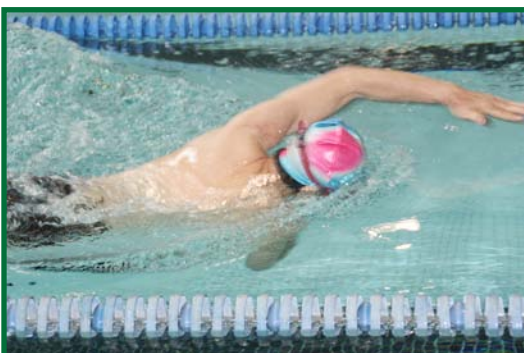


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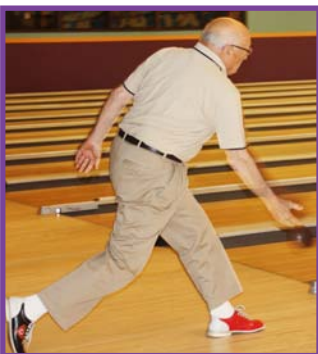
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